



# Married Couples READJUSTMENT

- **Family (Your definition)**
- **Social**
- **Environment**
- **Occupation**



# Readjustment for Soldiers with Families

- **Household**
  - **Spouse**
  - **Children**
  - **Friends**
  - **Routine**
  - **Work**



# **READJUSTMENT: SOCIAL**

- **Shared Deployment Experiences and the unit “family”.**
- **Friends**
- **Family Readiness Groups change focus**
- **Feeling alone may be common.**

# **READJUSTMENT: ENVIRONMENT**

**Music!**

**Clothing**

**My Space -  
office, barracks,  
house,  
neighborhood**

**Acceptance by  
your community**

**The weather!**

**Driving!**

**Household  
Goods**



# **READJUSTMENT: OCCUPATION**

- **Will my job be different?**
- **Is my educational train off the track?**
- **Has my “workgroup” changed?**
- **How is my interaction with others?**
- **How do I feel about the garrison mission?**



# FINANCIAL READJUSTMENT



- \$ How can I ever live without that extra money?**
- \$ Make sure my extra entitlements stop!**
- \$ Financial problems can add to the stress of my transition.**

# Intimate Relationships

- Intimacy and sexual relationships may be a major adjustment.
- Re-establish this relationship slowly and naturally.
- Talk about how you feel.
- Ask how your partner feels about intimacy and sexual relationships.



# Barriers to Intimacy

**Unresolved issues**

**Fidelity issues**

**Feeling your partner  
is a stranger**

**Feelings of being  
rushed**

**Anxiety**

**Unrealistic fantasies  
and expectations**

**Anger, hostility, stress about the separation**





# Relationship Reducers

- Jealousy
- Anxiety
- Alcohol over-indulgence
- Illness/fatigue
- Going too fast/too slow
- Anger/resentment
- No “courtship”
- Children in the house
- Visiting relative/travel
- Unresolved problems
- Fear of pregnancy



# Relationship Builders

- 💖 **“Tune In” to your partner**
  - 💖 **Courtship, talking, touching and cuddling**
  - 💖 **Respect**
  - 💖 **Communicate, communicate, communicate**
  - 💖 **Take your time**
  - 💖 **Understanding**
  - 💖 **Practice makes perfect**
  - 💖 **Communicate**



# ***SUMMARY***

**Reunion ~ more than just  
coming home**

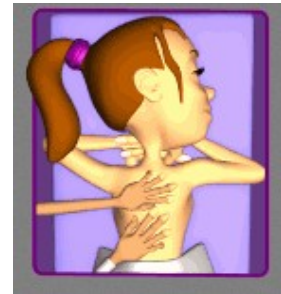
**A major life event for you  
and your loved ones.**

# Anyone need a break?



Actors wanted!!!

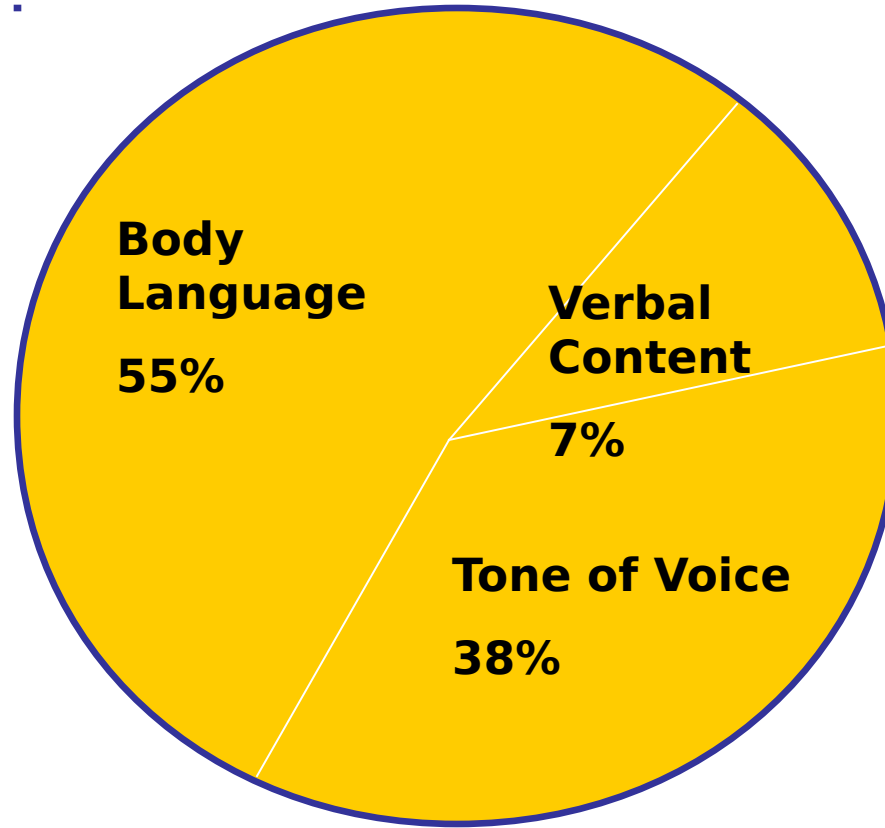
# **Marital Assessment “Snapshot”**



# **How Do WE Communicate?**



# Three Parts of a Message



# Communication Skills

- **Tune in**
- **Listen**
- **Give feedback**
- **Respond**



## Feedback

- **Sending messages**
- **Receiving messages**
- **Responding**



# **Roadblocks to Communication**

**Tone of voice**

**Negative comments**

**Hand gestures**

**Placing blame**

**Hurt**

**Confusion**

**Anger**

**Insults**

**“Always”, “Never”  
and “You” statements**

**Facial expression**

**Unresolved Issues**

**Profanity**



# Danger Signs

- Escalation
- Invalidation
- Negative Interpretations
- Avoidance and Withdrawal



# ANGER.....Is it ever Ok?



**YEP! It's okay, but  
you are in control!**

# ***ANGER***

- **Okay to be angry**
- **Refuse to abuse**
- **If it is getting the best of you - seek assistance.**
- **YOU control your response.**
- **You can have a break down or a break through - you decide!**

# The Speaker/Listener Technique

## Rules for *Speaker*:

- Speak for yourself. Don't mind read!
- Don't go on and on.
- Stop and let the listener paraphrase.

## Rules for *Listener*:

- Paraphrase what you hear.
- Don't rebut. Focus on what the speaker is saying.

## Rules for *Both*:

- The speaker has the floor.
- Speaker keeps the floor while the listener paraphrases.
- Share the floor.

# **Ground Rules For Handling Conflict and Differences**

# Time Out

- When conflict is escalating we will call a “Time Out” or “Stop Action” and either :
  - Try it again, using the Speaker/Listener Technique
  - Agree to talk later at specified time about the issue, using the Speaker/Listener Technique.

# Problem Discussion / Solution

- **When working on a problem, we will completely separate Problem-Discussion from Problem-Solution.**





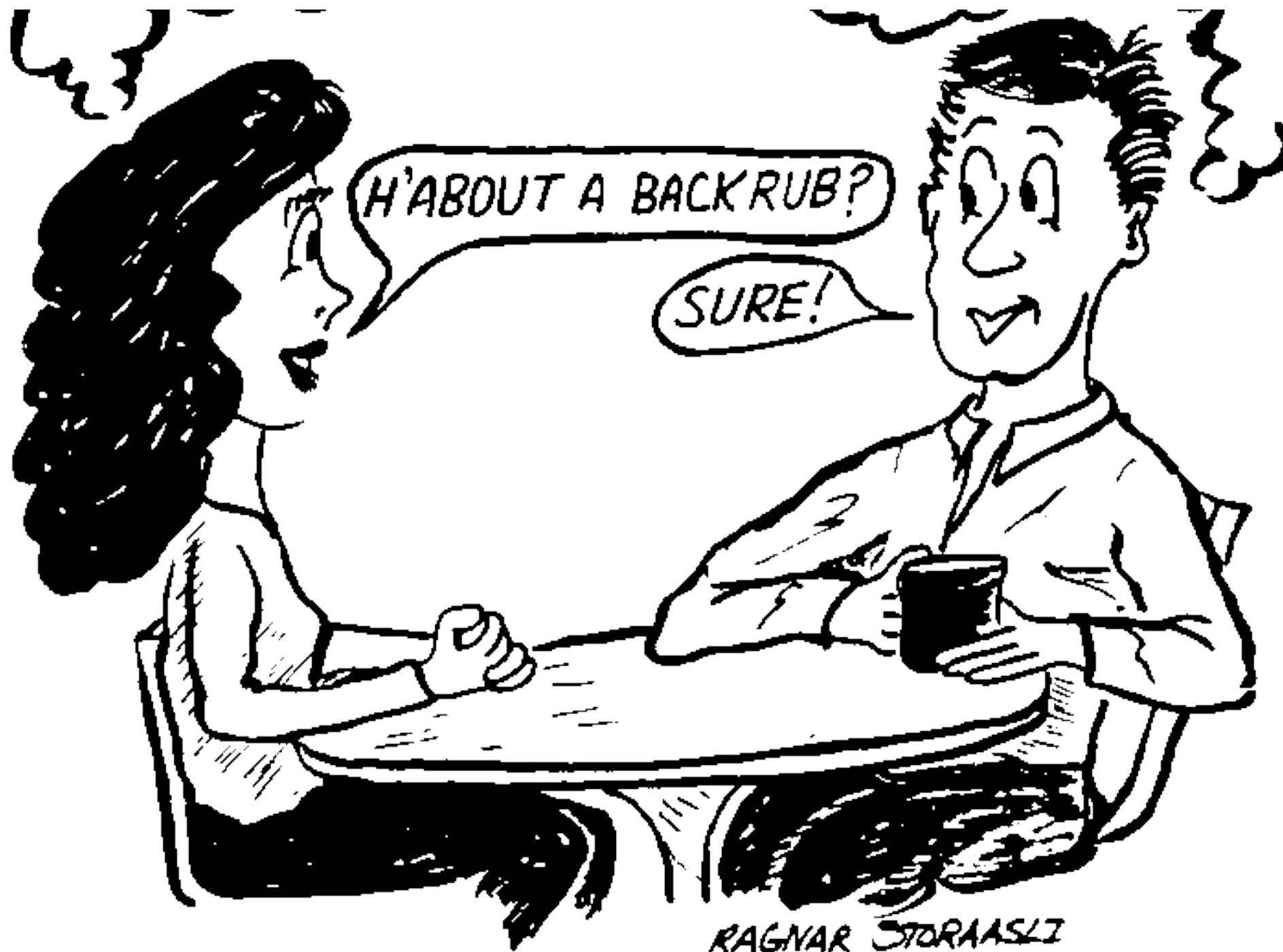


IS THIS A  
GOOD TIME  
TO TALK?

RAGNAR STURASLI

# Fun, Friendship, Sensuality, & Shared Spiritual Life

- **We will make time for the great things:**
  - **fun,**
  - **friendship,**
  - **sensuality, &**
  - **spirituality.**
- **We will agree to protect these times from conflict and the need to deal with issues .**



H'ABOUT A BACKRUB?

SURE!

RAGNAR STORAASLI



H'ABOUT A BACKRUB?

SURE!

RAGNAR STORASLZ

# Children and Reunion



# Children and Reunion

- **Plan time for the kids and the returning parent**

- (Yes, this means adults may have to wait!)

- **Allow time - get reacquainted slowly**

- **Children are resilient.**

# Children and Reunion



- **Be sensitive to children's need for time with returning parent**
- **Expect some negative feelings and reactions**
- **Avoid discipline extremes**
- **Involve children in reunion celebrations**
- **Find ways to express your love**

# Communicating with Children

- Accept that things are different
- Talk about your experiences
- Go slowly
- Spend time



# Responding to Children

- ***Infants 0-18 months*** - anxiety, shyness, clinging to other parent, even fear
- ***Toddlers 18m - 4 years*** - Shy, playful, excited, maybe resentful and angry
- ***Young Children 4-11 years*** - Excitement, happiness, wanting attention and to play with returning soldier / parent, resentment



- Holding, hugging, bathing, changing, feeding, playing, relaxing
- Don't force / give space & warm up time, be gentle & fun, snuggle with spouse, sit with them
- Reinforce, listen, accept their feelings, what's "new" tell children to "wait" if needed.

- ***Young Adolescents  
12-14 years -  
Happiness to  
Indifference***

- ***Adolescents to  
young adults 15  
yrs +***

- **Indifference, act  
as though your  
deployment did  
not affect them**

**In general, any response from a child is  
considered normal! Each child needs  
special time with the returning parent -**

**but take it slow.**



- **Share pictures,  
activities, school  
work, praise for  
what they've done -  
try not to criticize**

- **Share  
experiences, be  
encouraging,  
listen with  
undivided  
attention, respect  
privacy & friends**

# Reunion



**Expectations**



**Changes**



**Renegotiation**



# Homecoming Tips

## Family Situation

- **Don't disturb the family set-up that's working**
- **Take it easy on the kids**
- **Don't try to alter things immediately**
- **Don't pack off the kids right away**



# Real help. Anytime, anywhere.

You try to find enough time for everything—your family, your mission, your community, your life. Whether you're planning your deployment/reunion, preparing for a new baby, coping with a family problem or personal issue, or just dealing with the ups and downs of everyday life, more.

**Get in touch with us anytime:**

From the U.S.: 800.464.8107

From Germany: 00-800-4648-1077

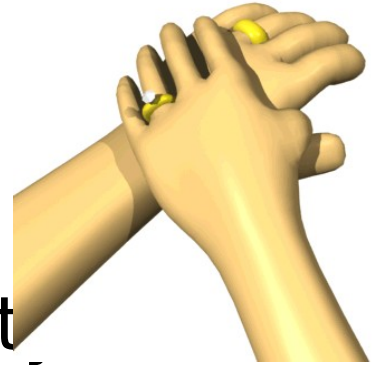
International collect: 484.530.5889

Or [www.armyonesource.com](http://www.armyonesource.com)

**User ID: army**

**Password: onesource**

# Community Resources



- Army Community Service (ACS)
- Chaplains
- Your Unit
- Social Work Service
- Financial Readiness
- Family Advocacy
- Army One Source
- Community Counseling Center
- Family Readiness Group
- School Counselors
- Mental Health
- Family Life Center
- AND More

# Conclusion

- Adjustments take time.
- Be open to the changes you have experienced.
- Take it slowly.
- Enjoy being with people that are important to you.

Re-Adjust  
Re-Unite  
Renegotiate